

**CLEAN  
HANDS KEEP  
YOU HEALTHY.**

**Wash your hands with soap  
and water for at least**

**20 SECONDS.**

**LAS MANOS  
LIMPIAS LO  
MANTIENEN SANO.**

**Lávese las manos con agua  
y jabón por al menos**

**20 SEGUNDOS.**



**LIFE IS BETTER WITH**

**CLEAN  
HANDS**

**LA VIDA ES MEJOR CON LAS**

**MANOS  
LIMPIAS**



**[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)**



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